

Benefits of the GONG

Larry Weinberg

The sound of the gong has the power to draw us fully into the moment, releasing resentments of the past and fears of the future allowing us to be present to what is available to us in this moment. Love, healing, gratitude and peace.

The vibration of the gong has the healing power to calm us down and begin to trust our own innate ability to heal ourselves.

It wakes up the healer within. *Peace, Larry*

The information below is adapted from a gong video by Lisa Lippincott

The gongs bring us from a place of thinking and doing to a place of **FEELING** and **BEING!**

The gong is the oldest instrument in the world and all the sounds of creation are contained within it. The frequencies and sounds cannot be predicted by the mind, so it slows the brainwaves into a meditative state.

We are all vibrating beings within an energy body. The gong's vibrations help to align the chakras and harmonize the body. The gong removes blocks and stuck energy.

Only when the mind is still, can you see your own Divinity.

When you calm the mind, you still your thoughts. **You return to your True Self.**